

## ingredients

1 tablespoon bentonite clay

1 teaspoon apple cider vinegar

1-2 teaspoons of water (to get right consistency)

## Instructions

Mix all of the ingredients in a glass bowl (do not use metal!) with a wooden or non-metal spoon until about the consistency of sour cream.

Spread in an even layer over the armpits and allow to sit for 5-20 minutes. I suggest starting slowly and working up to a longer period of time once you see how your body adjust. If it hurts at all, remove immediately.

This may cause some redness as it will increase blood-flow to the area, but it will go away quickly.

Wash off in the shower or with a warm, wet washcloth.

Repeat daily or as needed until under-arm odor goes away and natural deodorant is non-irritating.